

Special Interest Classes for Teens/Adults at the Red Mountain Multigenerational Center

341102 - Lim Kenpo Karate-Adult/Teen

This class is based on the unique and results oriented martial art of Hawaii Kenpo Karate. This on-going program is designed to increase a student's fitness and focus and is open to beginner through advanced ranks, guiding students through belt advancement. Sifu "Sarge" Santa Romana and his experienced crew are the contracted instructors for this program. Please contact Lim Kenpo Karate at 602-525-8472, limkenpo@cox.net or www.limkenpo.net for more information regarding this class. NO REFUNDS given for missed or forgotten classes. (All instructor fee refunds are the responsibility of Lim Kenpo Karate.) A \$45 fee also due to the instructor at the first class for a uniform and patch. Payment to the City of Mesa is required when registering for the class-\$15 Res/\$18 Non-Res. The balance of \$35.00 is to be paid to the instructor at the first class. Exception is the 2 week class offered in December, at which time the instructor fee is \$25.00.

	Ages		Begins	Ends	Days	Starts	Ends	Location	Res/NR Fee	Min	Max
341102-11	13	99.99	09/07/2011	09/28/2011	MW	6:00 PM	7:30 PM	Red Mtn. Multigen. Center	\$50.00/\$53.00	5	50
341102-21	13	99.99	10/03/2011	10/31/2011	MW	6:00 PM	7:30 PM	Red Mtn. Multigen. Center	\$50.00/\$53.00	5	50
341102-31	13	99.99	11/02/2011	11/30/2011	MW	6:00 PM	7:30 PM	Red Mtn. Multigen. Center	\$50.00/\$53.00	5	50
341102-41	13	99.99	12/05/2011	12/14/2011	MW	6:00 PM	7:30 PM	Red Mtn. Multigen. Center	\$40.00/\$43.00	5	50

341107 - Aikido for Teens/Adults

Aikido is a defensive Japanese martial art which is intended to teach students to defend themselves without causing injury. Aikido can help develop and improve strength, balance, flexibility, coordination and self-confidence. Aikido is based on respect for self and others and is appropriate for both men and women. Teresa Mastison will share her many years of Aikido experience as the contracted instructor for this class. Contact her with inquiries about class content and family registration discount at 480-639-4628 or visit www.AikidoOfPhoenix.com. Payment to the City of Mesa is required when registering for the class-\$16 Res/\$20 Non-Res. The balance of \$39.00 to be paid to the instructor at the first class.

	Ages		Begins	Ends	Days	Starts	Ends	Location	Res/NR Fee	Min	Max
341107-11	13	100	09/02/2011	09/30/2011	MF	7:15 PM	8:45 PM	Red Mtn. Multigen. Center	\$55.00/\$59.00	4	30
	No class on Monday, September 5.										
341107-21	13	100	10/03/2011	10/31/2011	MF	7:15 PM	8:45 PM	Red Mtn. Multigen. Center	\$55.00/\$59.00	4	30
341107-31	13	100	11/04/2011	11/28/2011	MF	7:15 PM	8:45 PM	Red Mtn. Multigen. Center	\$55.00/\$59.00	4	30
	No class on Nov. 11 and 25th.										

341148 - Capoeira

Capoeira is a martial art that will get you in shape, and test the limits of your body and mind regardless of your experience or age. This Afro-Brazilian martial art combines self-defense, music and acrobatics. This fast and versatile art form is challenging and demanding on the body and is extremely beautiful to watch. There will be opportunity to learn to play associated instruments, such as the berimbau, and sing/speak in Portuguese. Contact Jeremy Turnbow, the contracted instructor at 480-570-9091 with questions. Payment to the City of Mesa is required when registering for this class- \$12Res/\$15 Non-Res. The balance of \$28.00 is due to the instructor the first day of class.

	Ages		Begins	Ends	Days	Starts	Ends	Location	Res/NR Fee	Min	Max
341148-11	12	99	09/13/2011	11/01/2011	Tu	7:00 PM	8:30 PM	Red Mtn. Multigen. Center	\$40.00/\$43.00	6	25

341265 - Empower Basketball Academy

Are you ready to take your game to the next level? High school students can prepare themselves for the 2011-12 basketball season with this high intensity skill development program. This class will improve your skill set, technique, and get you prepared for the next level. Dustin Gray is the contracted instructor for this class. Contact him at 775-287-1006 or dgraybasketball@gmail.com for more information on this program. Payment to the City of Mesa is required when registering for the class-\$60 Res/\$72 Non-Res. The balance of \$200.00 to be paid to the instructor at the first class.

	Ages	Begins	Ends	Days	Starts	Ends	Location	Res/NR Fee	Min	Max	
341265-11	14	18.99	08/30/2011	10/27/2011	TuTh	7:30 PM	8:45 PM	Red Mtn. Multigen. Center	\$260.00/\$272.00	5	20

341332 - Tai Chi - Beginning

Looking for another way to decrease stress? T'ai Chi Chuan is "meditation in motion". Steve MacLear, the contracted instructor for this class, has 24 years of experience, and will guide you through this healing, meditative, martial art. Experience serenity through gentle movements that connect your mind and body, learn the five principles of T'ai Chi, and journey through the "first third" of the Yang style, which is a short form of T'ai Chi. Contact Steve MacLear at 480-734-8591 with questions about this class. Payment to the City of Mesa is required when registering for this class- \$15 Res/\$18 Non-Res. The balance of \$35.00 is due to the instructor the first day of class.

	Ages		Begins	Ends	Days	Starts	Ends	Location	Res/NR Fee	Min	Max
341332-11	14	99	09/08/2011	09/29/2011	TuTh	6:30 PM	7:20 PM	Red Mtn. Multigen. Center	\$50.00/\$53.00	5	30
341332-21	14	99	10/06/2011	10/27/2011	TuTh	6:30 PM	7:20 PM	Red Mtn. Multigen. Center	\$50.00/\$53.00	5	30
341332-31	14	99	11/03/2011	12/01/2011	TuTh	6:30 PM	7:20 PM	Red Mtn. Multigen. Center	\$50.00/\$53.00	5	30
No class on Thursday, Nov. 24.											

341340 - Spanish for Survival

If you ever wished you knew enough Spanish to effectively communicate....this class is for you! This 10-week class will engage you in conversational, grammatical and interactive lessons. You will learn Spanish through role playing, singing, word games and reading aloud in class. Customized materials will help you communicate in Spanish. This class is great for health care providers, travelers, salespeople, service workers and more! Please contact Chuck Smith at 602-531-2650 with questions about this class. Payment to the City of Mesa is required when registering for this class- \$45Res/\$54 Non-Res. The balance of \$105.00 is due to the instructor the first day of class.

	Ages		Begins	Ends	Days	Starts	Ends	Location	Res/NR Fee	Min	Max
341340-11	20	99	09/08/2011	11/10/2011	Th	6:00 PM	8:00 PM	Red Mtn. Multigen. Center	\$150.00/\$159.00	10	25

341365 - Belly Dance - Beginning

Exercise and express yourself in a unique and creative way. Belly dance can increase body tone, burn calories, improve digestion and posture and reduce stress, which is why it is one of the hottest new exercise trends. Angelia the contracted instructor for this class, will introduce you to the basics of belly dance techniques, forms, and dance moves, and will share with you her unique experiences and expertise in the art of belly dance. Please contact her at 480-610-5857, or angiefamoso1@yahoo.com for information about this class. Payment to the City of Mesa is required when registering for the class-\$12 Res/\$15 Non-Res. The balance of \$28.00 to be paid to the instructor at the first class.

	Ages		Begins	Ends	Days	Starts	Ends	Location	Res/NR Fee	Min	Max
341365-11	12	99.99	09/07/2011	10/12/2011	W	7:00 PM	8:00 PM	Red Mtn. Multigen. Center	\$40.00/\$43.00	5	30
	Instructor accepts cash payments only.										
341365-21	12	99.99	10/26/2011	12/07/2011	W	7:00 PM	8:00 PM	Red Mtn. Multigen. Center	\$40.00/\$43.00	5	30
	No class Nov. 23. Instructor accepts cash payments only.										

341366 - Belly Dance - Intermediate

Intermediate Belly Dance continues an emphasis on flexibility, while incorporating additional strengthening exercises for stamina, posture, and advance mobility. Students will build on the basics of belly dance techniques, forms, and dance moves and be shown more challenging isolation, strengthening, layering of hips, chest and arm movements and more complex traveling patterns. Angelia is the contracted instructor for this class, and will share with you her unique experiences and expertise in the art of belly dance. Please contact her at 480-610-5857, or angiefamoso1@yahoo.com for information about this class. Payment to the City of Mesa is required when registering for the class-\$12 Res/\$15 Non-Res. The balance of \$28.00 to be paid to the instructor at the first class.

	Ages		Begins	Ends	Days	Starts	Ends	Location	Res/NR Fee	Min	Max
341366-11	12	99.99	09/07/2011	10/12/2011	W	8:00 PM	9:00 PM	Red Mtn. Multigen. Center	\$40.00/\$43.00	5	30
	Instructor accepts cash payments only.										
341366-21	12	99.99	10/26/2011	12/07/2011	W	8:00 PM	9:00 PM	Red Mtn. Multigen. Center	\$40.00/\$43.00	5	30
	No class Nov. 23. Instructor accepts cash payments only.										

341372 - Dance Sampler-Adult

Variety is the spice of life! Spice it up with this class that will teach you the different Ballroom, Latin and Swing dances. You will learn new moves, or polish your existing moves and learn new patterns. No partner necessary, but it's always fun to bring a friend. At the end of this adventure, you will know various Ballroom, West Coast Swing and Latin Dances. Jana Moore is the contracted instructor for this class. Contact her at 480-363-9997 for more information on this program. Payment to the City of Mesa is required when registering for this class-\$10 Res/\$12 Non-Res. The balance of \$35.00 due to the instructor on the first day of class.

	Ages		Begins	Ends	Days	Starts	Ends	Location	Res/NR Fee	Min	Max
341372-11	16	99	09/07/2011	10/12/2011	W	7:00 PM	7:50 PM	Red Mtn. Multigen. Center	\$45.00/\$47.00	6	25
341372-21	16	99	10/26/2011	12/07/2011	W	7:00 PM	7:50 PM	Red Mtn. Multigen. Center	\$45.00/\$47.00	6	25
	No class Nov. 23.										

341380 - Dog Obedience Training

You and your "best friend" will bond together in this easy-to-follow dog and puppy training program. Embark on a journey and learn basic obedience commands, proper care, calming behaviors, dog-to-human language, exercise and discipline. Jose Vizarra, the contracted instructor for this class will guide you through positive reinforcement techniques, classic conditioning, clicker training and TAG teaching. Please contact 480-420-4748 with questions regarding this program. Payment to the City is required when registering for this class-\$24 Res./\$29 Non-Res. The balance of \$56.00 to be paid to the instructor the first day of class.

	Ages		Begins	Ends	Days	Starts	Ends	Location	Res/NR Fee	Min	Max
341380-11	18	99	09/10/2011	10/29/2011	Sa	10:00 AM	10:50 AM	Countryside Park	\$80.00/\$85.00	8	12
Minors may enroll, but must be accompanied by an adult. Fee is per dog, maximum of 2 people per dog allowed.											

341412 - Weight Loss Challenge

Reach your wellness goals, learn about nutrition and have fun on the way! Carlos Cano, the contracted instructor will coach you through a fun, encouraging journey to incredible results. Each class begins with a weigh-in and measurement, moves through different weekly topics, and ends with a smile. Optional nutritional programs will be available, but are not mandatory. Top three challenge participants will be awarded cash prizes (prize amount determined by the number of participants). Contractor fees are non-refundable. For more information contact Carlos Cano at 480-229-6579 or info@nutritionandwealth.com. Payment to the City of Mesa is required when registering for this class- \$11 Res/ \$14 Non-Res. The balance of \$35.00 is due to the instructor the first day of class.

	Ages		Begins	Ends	Days	Starts	Ends	Location	Res/NR Fee	Min	Max
341412-11	18	99	09/12/2011	10/31/2011	M	6:00 PM	7:00 PM	Red Mtn. Multigen. Center	\$46.00/\$49.00	15	40

341414 - Couponing 101

Do you want to save your family money by using coupons? Don't know how to get started? In this class you will learn two methods for getting coupons clipped and organized so you're ready to shop and save! This two part class consists of information, Q & A and putting together your coupon organizer. Participants will need to provide a newspaper, scissors and optional supplies for the second class meeting. (Supply list provided at first meeting.) Second class will meet the following Monday from 5:00pm-6:30pm. Amy Van Vlack is the contracted instructor for this class; please contact her at 480-784-7190 with questions. Payment to the City of Mesa is required when registering for this class- \$10 Res/\$12 Non-Res. The balance of \$22.00 is due to the instructor the first day of class.

	Ages	Begins	Ends	Days	Starts	Ends	Location	Res/NR Fee	Min	Max
341414-11	18 99	09/17/2011	09/17/2011	Sa	8:30 AM	9:30 AM	Red Mtn. Multigen. Center	\$32.00/\$34.00	5	20
Second class will meet Monday, Sept. 19 from 5:00pm -6:30pm.										
341414-21	18 99	10/01/2011	10/01/2011	Sa	8:30 AM	9:30 AM	Red Mtn. Multigen. Center	\$32.00/\$34.00	5	20
Second class will meet Monday, October 3 from 5:00pm-6:30pm.										
341414-31	18 99	10/15/2011	10/15/2011	Sa	8:30 AM	9:30 AM	Red Mtn. Multigen. Center	\$32.00/\$34.00	5	20
Second class will meet Monday, October 17 from 5:00pm-6:30pm.										
341414-41	18 99	11/05/2011	11/05/2011	Sa	8:30 AM	9:30 AM	Red Mtn. Multigen. Center	\$32.00/\$34.00	5	20
Second class will meet Monday, November 7 from 5:00pm-6:30pm.										